

HEALTH AND PHYSICAL EDUCATION ASSESSMENT CATALOG

LABEL	DESCRIPTION	OUTCOME	FREQUENCY	DECISION	POC
Physical Fitness Exam, PDC 1	Measure of General Physical Condition Five item motor performance test battery	Personal Best performance on all five test items	Semi-Annually	Retention	Dept. Head
Level I Swimming PDC 2	Test for basic swimming skills	Satisfy Level I Swimming requirements	Entry level	Retention	Dept. Head
Level II Swimming PDC 3	Test for Intermediate Red Cross swimming skills	Satisfy ARC Intermediate Swimming Requirements	Fourth class year	Retention	Dept. Head
Body Fat Analysis	Body composition of entry level cadets after Swab Summer Training	Compare the effects of Swab Summer physical training on percent body fat development of lean body mass	Swab Summer	Program assessment	Dept. Head
Remedial Swimming	Specific development training programs / re-assessment	Satisfy Level I and Level II Swimming requirements	Daily through 3rd class	Retention	Dept. Head
Remedial PFE	Specific development training programs / re-assessment	Satisfy PFE requirements	Daily and as needed	Retention	Dept. Head
Challenge Elements	Selected elements of leadership potential and teamwork	Leadership development and working with others	Weekly Swab Summer	PDC	Element Coordinator
Obstacle Course	Elements designed for maximum physical development	Personal Best, Improve general physical fitness	Semi-weekly Swab Summer	PDC	Element Coordinator
Crucible	Physical elements performed with mental challenges under stress and fatigue	Leadership development and working with others	Second Class Summer	Leadership Program Assessment	Element Coordinator
Swab Summer Survey	Assessment of Swab Summer components	Swab Summer HPE Program improvements	Annually	Future content	Dept. Head
Instructor / Course Evaluations	Assessment of HPE Courses and Faculty	Course improvement and faculty development	During course	Future content	Course Faculty
CPR for Professional Rescuer Certification	Instruction in Professional CPR Rescuer American Red Cross	Satisfy ARC CPR for Professional Rescuer certification requirements	Third Class Year	Cert. to Practice	Course Faculty
First Responder Certification	Instruction in First Responder, emergency first aid skills National Safety Council	Satisfy National Safety Council First Responder certification requirements	Third Class Year	Cert. to Practice	Course Faculty
Scuba Certification	Instruction in the National Association of Underwater Course for Scuba Certification	Satisfy NAUI certification requirements	First Class Year	Cert. to Practice	Course Faculty
Lifetime Sports I	Instruction in basic Tennis skills and techniques	Understand rules of tennis and acquire basic skills	Third Class Year	Satisfy requirements	Course Faculty
Lifetime Sports II	Instruction in basic Racquetball skills and techniques	Understand rules of racquetball and acquire basic skills	Second Class Year	Satisfy requirements	Course Faculty
Lifetime Sports II	Instruction in basic Golf skills and techniques	Understand rules of golf and acquire basic skills	Second Class Year	Satisfy requirements	Course Faculty
Physiology of Fitness I	Study: flexibility, strength, endurance, power, kinesology	Satisfy course requirements, Understanding human physiology and development under various exercise conditions	Fourth class year	Satisfy requirements	Course Faculty
Physiology of Fitness II	Study: cardiovascular physiology, body composition athletic injuries, stress, environmental physiology	Satisfy course requirements, Understanding human physiology and development under various exercise conditions	Fourth class year	Satisfy requirements	Course Faculty
Swimming I	Instruction, basic strokes, diving, skin diving	Satisfy course requirements and Level II Sw Requirements	Fourth class year	Satisfy requirements	Course Faculty
Survival at Sea	Instruction, skills, physiology and strategies of open water survival	Satisfy course requirements and Level II Sw Requirements	Fourth class year	Satisfy requirements	Course Faculty
Lifeguard Training	Instruction, Lifeguarding skills and techniques American Red Cross Certification	Satisfy ARC certification requirements	Second Class Year	Cert. to Practice	Course Faculty
Personal Defense I	Development personal defensive skills using martial arts	Ability to maintain personal safety in defensive situations	Third Class Year	Satisfy requirements	Course Faculty
Personal Defense II	Instruction, fundamentals of defensive techniques and prisoner controls employed by the U.S. Coast Guard	Acquire the fundamentals of Maritime Law Enforcement techniques used by the Coast Guard	Second Class Year	Satisfy requirements	Course Faculty
Water Safety Instruction	Instruction, Safety and Teaching aquatics	Satisfy American Red Cross requirements	First Class Year	Cert. to Practice	Course Faculty
Directed Studies	Development leadership and teaching skills	Leadership development and working with others	First Class Year	Satisfy requirements	Course Faculty
Adventure Sports I and II	Instruction, variety of outdoor recreational activities	Development of lifetime skills in outdoor activities	First Class Year	Satisfy requirements	Course Faculty
Selected Sports	Student driven leadership and teaching presentations	Leadership development and working with others	First Class Year	Satisfy requirements	Course Faculty
Skiing	Instruction in advanced skills in Skiing	Development of lifetime skills in skiing	First Class Year	Satisfy requirements	Course Faculty
Advance Golf	Instruction in advanced skills in Golf	Development of lifetime skills in golf	First Class Year	Satisfy requirements	Course Faculty
Dance / Jazz	Instruction in advanced skills in Dance	Development of lifetime skills in dance	First Class Year	Satisfy requirements	Course Faculty

PDC - Physical Development Competency inclusive in the Military Precedence Average (MPA)

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ASSESSMENT METHOD
Test five battery
Skills exam
Skills exam
Skin Fold Assessment
Skill Test battery
Test five battery
Facilitation
Individual course time
Facilitation
Questionnaire
Questionnaire
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Written / practical exams
Teaching assessment
Written / practical exams
Teaching assessment
Written / practical exams
Written / practical exams
Written / practical exams